

Tomato Cup filled with Cauliflower & Broccoli

Red Tomatoes, medium sized
cauliflower and broccoli floweret's
Salt and pepper, to taste

Steam flowerets until tender crisp; remove to an ice water bath; drain and season with salt and pepper.

Use a utility knife to make zigzag cuts around middle of tomatoes, gently twist the halves to separate. Remove pulp from centers leaving a 1/4-inch wall making a cup. Fill with seasoned flowerets and serve as a garnish. Serve on a salad plate or bowl.

Directions:

Using the foods provided create 2 plates of fruit or vegetable appetizers for presentation. A green salad can be made and garnished with a selection from the following.

Cherry Tomato Roses: Score an X on the blossom end of each cherry tomato. Using a sharp knife, carefully peel back the skin partway down the side of the tomato to make four petals.

Fluted cucumbers or zucchini: Draw the tines of a fork lengthwise down a cucumber or zucchini; re-peat all around vegetable. Cut cross-wise into slices.

Green Onion Brushes: Slice off roots and most of top portions from green onions. Cut slashes at both ends to make a fringe. Place onions in ice water, and the ends will curl back to resemble brushes.

Carrot Curls: Using a vegetable peeler, cut thin length wise strips of carrot. Roll each carrot strip and secure with a wooden pick. Place in cold or ice water until ready for service to curl. Just before garnishing, remove wooden picks.